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In the December Orangevale Recreation and Park District meeting, elected Board of Directors were sworn in for new term. Congratulations to Erica Swenson, Sharon Brunberg and Manie Meraz.



Orangevale Chamber celebrates another new business in Orangevale. Cricket Wireless celebrated Grand Opening in December. Cricket Wireless is located in the Cable Park Shopping Center. See page 19 for more Chamber News.



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FROM EYE SORE TO COMMUNITY HUB



From Eye Sore to Community Hub by MaryAnne Povey

The secret is out! The old, vacant eyesore on the corner of Hazel and Greenback is getting some TLC as it becomes the new and improved home for the Orangevale Chamber of Commerce! With new enthusiastic tenants, Chamber leadership along with a handful of volunteers went to work cleaning up the abandoned building just in time to host the annual Chamber Christmas gathering last month. Chamber members and community leaders packed the house at the unofficial grand opening that was buzzing with the glow of holiday cheer.

During the event, OV Chamber Board president Brad Squires welcomed guests and thanked business sponsors before briefly sharing an overview of the Chamber's goals for 2019. Next, he introduced the Board of Directors leading the way including: Lisa Montes, Sam Swenson, Jesse Hord, MaryAnne Povey, Aaron Cochran, Sean Palmer, Luz Johnson, and new part-time associate director, Alicia Andrews who will be handling office affairs starting in January.

Guests enjoyed catered finger foods, delectable desserts, and a variety of beverages including free beer samples from Palm Tree brewery, one of Orangevale's newest business chamber member. Once the raffle got going, business owners who donated prizes got the floor to promote their business and share their

biggest wish for 2019.

"We are off to a great start heading into the new year," said Squires. "With a new location, a reinvigorated board, and strong initiatives for 2019, we are all looking forward to great success for local business and the community."

The new Chamber office will also be a hub of information for community events with usable space for chamber members to reserve and will also showcase Orangevale history through art work displays and memorabilia coordinated by the Orangevale Women's Club.

During January the Chamber office will transition from the old office to the new site by the end of the month. In the meantime, plans for both internal and external renovations are underway. The Board recently launched a "Restore the Eyesore" gofundme.com campaign to help finance the renovations including landscaping, concrete work, a new awning, internal space

layout, and office furniture. To date, the campaign is still working towards its goal of \$10,000 in donations. Board of Supervisor Sue Frost showed her support of the Chambers efforts by announcing her commitment to matching funds of up to \$3,500. Stay tuned for more information about upcoming Chamber events and progress into 2019. Happy New Year!

To find out more about the Orangevale Chamber of Commerce, becoming a member, or making a donation, go to www.orangevale-chamber.com



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The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries,

births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

(1) Acknowledge that either you are the author or you have permission to publish from the original author;

(2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.

(3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF.

Please use this format so we do not have to send your work back to you for corrections.

(4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change. (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

STAFF:

Brad Tatum - **Publisher/Advertising**

Lisa Montes - **Editor**

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Suzanne Feblowitz - Recipes

MaryAnne Povey - Sports & Community

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FRI FEB 7, 2019 Out To Public

WED FEB 13, 2019 DEADLINE

FRI FEB 21, 2019 Out To Public

MAR 2019

WED FEB 27, 2019 DEADLINE

FRI MAR 7, 2019 Out To Public

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It is with great sadness that the family of Dustin Steckel announce his passing on December 8, 2018 at the age of 21. Dustin's passing follows a two year battle against a rare liver cancer, Fibrolamellar Hepatocellular Carcinoma. Dustin was the beloved husband of Josie Steckel, cherished son of Robert and Ann Steckel, little brother to Monique Smith, Robert Steckel, and Ashley Steckel, and grandson of Harry and Carol Hamilton. Dustin was an uncle to two nieces and four nephews, and nephew of many.

Born on March 20, 1997, Dustin was the youngest of four children. In 2015 he graduated from Casa Roble High School and began working for his father's construction company. Before his diagnosis, Dustin had begun studying for the Sheriff's Academy entrance exam. A gun enthusiast, Dustin enjoyed going shooting with his friends, dad, and his wife Josie. He also enjoyed gam-



**DUSTIN STECKEL
1997-2018**

ing and building his own gaming computers.

Dustin was known for his passionate, ambitious, and friendly personality and will be greatly missed by many. A

memorial was held on Sunday, January 6th, at the Robert H. Miller III Rotary Clubhouse in Folsom. Family and friends came and celebrated his life.

LETTER TO EDITOR

Lisa and Brad,
I just received and read latest issue of Orangevale View. Thank you both for printing "I Love Christmas", by Mr. Monty Leighton. It is eloquently written and focuses, least we forget, the true meaning of Christmas
Earl Wallis Orangevale
Sent from my iPhone

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LAST CHANCE! VOTING ENDS JANUARY 18 WWW.OVVIEW.COM

Shining a spotlight on Orangevale's Businesses, the Best of Orangevale will announce the results of its 2018 competition on Saturday February 9, 2019. The Best of Orangevale is a local competition produced by the Orangevale View and sponsored

by the Orangevale Chamber of Commerce, Orangevale Recreation & Park District and Palmer Real Estate. The Best of Orangevale is considered to be Orangevale's premier business award. Beginning December 7th, thousands of votes from organizations

and individuals are expected to be submitted by mail or on the Orangevale View's website www.ovview.com for consideration in categories including Citizen of the Year, Teacher of the Year, Principal of the Year, Volunteer of the Year, Best Busi-

nesses of the Year and a few new ones. The online voting process will determine the Winners and Runner-Ups. With business owners, community supporters, and their guests in attendance, the winners will be announced at an elegant award banquet at the Or-

angevale Community Center on Saturday, February 9, 2019. This event is sure to sell out like last year.

Ballots can be mailed to 9172 Greenback Lane Orangevale 95662

VOTE FOR THE BEST OF ORANGEVALE 2018

Please fill out the below categories for a chance to gift certificates to a local restaurant! Voting ends January 18, 2019. Results to be published March 7th issue in our special Best of the Best section of the Orangevale View.

Rules: ONE ballot per person. Attempts to ballot stuff will disqualify you and possibility the business, only one ballot per device and IP address will be accepted and counted. Business must operate in Orangevale or be an Orangevale Chamber of Commerce Active Member.

If there is not a category for your business you wish to vote for, please email editor@ovview.com for consideration.

IMPORTANT: Every ballot must contain a MINIMUM of 5 completed categories or it will be disqualified and your votes WILL NOT COUNT.

BEST OF ORANGEVALE 2018

I am over the age of 18. I have read and agreed to the competition rules. I understand at least 5 categories must be completed

Best Antiques, Consignment and Thrift Store -

Best Accounting or Tax Services

Best Attorney or Legal Services

Best Auto Body Repair

Best Auto Repair

Best Auto Sales/Service

Best Bakery or Pastry

Best Bank or Credit Union

Best Bar or Pub

Best Barber

Best Bartender

Best Beauty or Salon

Best Breakfast

Best Charity

Best Child Care Services

Best Church or Worship

Best Community Sponsor

Best Contractor -Residential/Commercial

Best Convenient Market

Best Dental Services

Best Dry Cleaner

Best Entertainment Venue

Best Event of The Year

Best Fast Food Restaurant

Best Funeral Home/Cemetery.

Best Grocery Store

Best Hangout

Best Health or Fitness (non medical)

Best Home Business/Direct Sales

Best House Cleaning Service

Best Insurance Services

Best Landscaping Service /Design

Best Lunch/Dinner

Best Massage

Best Medical Services

Best Nail Salon

Best New Business of Year -1 yr or less

Best Pet Grooming/ Services/Store

Best Photographer/Videographer

Best Pizza

Best Real Estate Office/Realtor

Best Recreation

Best Repair Services - Non Automotive

Best Restaurant

Best Senior Living/Services

Best Server of the Year

Best Service Club/Community Organizations

Best Smog Services

Best Social Media Page

Best Specialty Services or Shop

Best Sports Coach - Must be local

Best Sports Organization

Best Storage Facility

Best Tattoo Parlor

Best Vet or Veterinarian Hospital

Citizen of The Year

Principal of The Year

Teacher of The Year

Volunteer of The Year

Youth Volunteer of The Year (18 and under)

Date*

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Local SPORTS



CASA ROBLE WOMEN'S SOCCER

The Casa Roble Women's Varsity team is off and running with four wins, four ties and one loss in pre-season play with the official league kick off on January 8 against Mira Loma at Casa. The Lady Rams are ranked 11th out of 124 in the San Joaquin Sections, the highest ranking in years.

"This is an amazing group of athletes," boasted Head Coach Dave Nolen, "The chemistry they have together is strong and I'm expecting great things this season."

This team of 16 recently traveled to compete in the Soccer Extravaganza Tournament in Santa Maria finishing 2nd place overall poising them favorably for what is hoped to be a winning season.

"Our goal is to win the league, then

advance to playoffs and beyond," said Nolen. "We'll take it one game at a time and if we play our style of soccer, we should do extremely well."

Casa hosts home games on January 8, 17, 29, 31 and February 6. JV starts at 4 pm and Varsity 6 pm. Admission is free and all are welcome! For a full season schedule, go to Maxpreps.com. Go Rams!



NEW AIKIDO BLACK BELTS

Our 2018 Aikido year brought many new students to our club and visitors from around the world. Students from Canada, France, Great Britain, Japan and from around the USA all journeyed to Orangevale to attend Aikido lessons. Our year was highlighted by the testing and promotion to Shodan, first degree black, Arian S. of Fair Oaks and Truman W. of Orangevale. Both these young men began their Aikido journey in 2012 as two of the youngest youth students and have gone on to achieve youth Shodan and Nidan, bridge up to the adult level and now make black belt. They both serve as assistant instructors and are highly respected by

both our youth and adult students. All of their DAN grades, youth and adult, are registered with our main headquarters in Tokyo, Japan. Shodan simply means, the beginning or first of the DAN (black belt) ranks. The DAN rank does not confer privilege or give power. It Imposes Responsibility; and is a continued and life long journey with many lessons still to learn. We here at Aikido Seikeikan look forward to the continued journey with these two outstanding young men; and look forward to seeing all of you who are reading this at the dojo in 2019. For information, please contact the Orangevale Recreation & Parks District at 916-988-6140 or online at www.ovparks.com.
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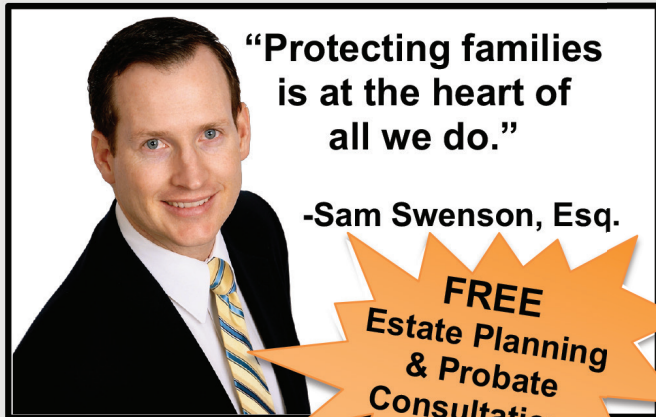
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AN INSIDE LOOK



Supervisor Sue Frost

AN INSIDE LOOK AT THE INSPECTOR GENERAL SITUATION

By Sacramento County
Supervisor Sue Frost

In August, the County Board of Supervisors were thrust into the local media spotlight after Sheriff Scott Jones lost faith in the Inspector General (an independent contractor retained by the County) and terminated his access to the Sheriff's Department. Since then, the Board of Supervisors have held meetings to discuss how to move forward, with the issue finally finding a resolution on December 4th. Since this is the most controversial issue I have been involved with since being on the Board, I wanted to take a moment to try to clearly explain this complicated issue, and let you know my thoughts.

The County of Sacramento has had the position of Inspector General from 2007 until 2012 (when it was eliminated due to budget cuts), and then brought back in 2015 at the request of the Sheriff. Sacramento is one of only five California counties that has an Inspector General. The position was created to work with the Sheriff's Department to improve services and review procedures - including but not limited to officer-involved shootings. The Inspector General has been a part-time contractor

because, thankfully, there are very few shootings involving Sacramento County Sheriff's Deputies.

One of the reports issued in 2018 was regarding a shooting that resulted in the death of a man named Mikel McIntyre. McIntyre had assaulted a family member, and in the process of evading arrest had struck an officer in the head with a large rock causing significant injury. Soon after, a 911 witness observed McIntyre throwing rocks at cars on the freeway and he began attacking another officer and a K9 unit with more rocks, hitting the K9 in the face. In an effort to protect the general public, officers continued to pursue him, and as he was evading arrest the suspect was shot 7 times and did not survive.

The case was referred to the Inspector General whose investigative authority involves constructive critique offering recommendations intended to improve the Department. It is not their job to determine if the shots fired were lawful. That is the sole responsibility of the DA's office.

Months later in an unprecedented move, the Inspector General (under considerable political pressure) released his report before the DA had completed its investigation. His report gave evaluations and critiques (on use of force and decision making) that could be misleading if considered without the benefit of the DA's full investigation. The Inspector General is not a use of force expert (neither is the Sheriff), and his findings were disputed by a nationally renowned use of force expert when the District Attorney Investigation and report was eventually released. Dismissing normal procedure was confusing for the public, has been damaging to the morale of the Sheriff's department; and the Inspector General's assessment will very likely be used in civil court against the County of

Sacramento, with all legal fees and monetary judgements paid for by County taxpayers.

In the aftermath, the Sheriff questioned the ability of the Inspector General to remain impartial to outside or political influences. He terminated the Inspector General's access to the Sheriff's Department and told the Board of Supervisors that he would like us to hire someone new. This put the Board of Supervisors in a difficult situation, as we were left with an Inspector General who we were paying \$10,000 a month to essentially do nothing.

As a result, the Board of Supervisors had a series of meetings to discuss how to proceed, given the Sheriff is a co-equal elected official who answers to the people of Sacramento (not the Board of Supervisors). Our discussions mostly revolved around what legal options we had, and what role we want the Inspector General's office to play in the County. All five Supervisors and the Sheriff agreed that we need an Inspector General in the County.

Despite public and private statements from the Sheriff that he continues to support an independent IG, some members of the media choose to spin this issue as a show-down between the Sheriff and the Board of Supervisors — when it clearly is not — or to portray it as an attempt by the Sheriff to eliminate transparency from his department by permanently shutting down the Office of Inspector General — which is also simply not the case. The Sheriff wanted to ensure we had a process for fair, independent investigations, and to not allow politics to endanger our Deputies and our communities. I completely agree with him.

The issue culminated on December 4th with a final meeting that was widely touted in the media as a showdown between the Sheriff

CONTINUE ON PAGE 9

AN INSIDE LOOK

AN INSIDE LOOK AT THE INSPECTOR GENERAL SITUATION

Continued from page 8

and the Supervisors. But that was a mischaracterization because the Sheriff largely agreed with the majority of Supervisors. At the end of the day, all sides were able to come together to find a workable solution despite the tense atmosphere. Nobody got everything they wanted, but nobody gave up too much either. That's the sign of a good deal, and one I was willing to support.

The County Supervisors will invite interested and qualified contractors to bid for the job of Inspector General, so we can restore that office. I believe that this process can and should begin immediately. The previous Inspector General is welcome to bid for it as well. The County clarified that while the Sheriff has autonomy over how to run his Department, the County Supervisors have the right to have an Inspector General who can have specified access to the Sheriff's Department as an independent review to help inform our budget appropriations.

There are some small steps that will need to be taken in order to finalize all the agreements, but for all intents and purposes, this issue is now behind us with all parties in agreement.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangetown, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms, Fair Oaks, and Rancho Cordova.



5.11.19

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Peggy Coughlin

NMLS# 440270/1850
Operations Manager

916.677.8507
peggy.coughlin@apmortgage.com

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8 REASONS TO GET PREAPPROVED

8 REASONS TO GET FULLY PRE-APPROVED FOR A MORTGAGE

When you are in the market for a new home, there is much to do. From finding a proven realtor, to researching the neighborhoods and checking local tax costs. The number of things on your to-do list just keeps growing. But there is one more thing you should add to that list, which is getting fully pre-approved for a mortgage.

It is easy to overlook the importance of a pre-approval, but having that piece of paper in your hand can help you in many ways. So, before you attend a single open house or search for homes on the internet, get in touch with a local reputable proven lender & get fully pre-qualified for a mortgage. Here are 8 reasons the pre-approval process is worth it.

1. You can shop with confidence. When you get pre-approved, you know exactly how much home you can afford, which will save you time in the long run.
2. It gives you extra negotiating power. When there are multiple offers on the table, sellers are more likely to take one that comes with a full loan approval & guaranteed financing from a local

lender.

3. You will know where you stand. Do you really know how credit worthy you are? Going through the full pre-approval process will give you insight into where you really stand.

4. It will simplify the borrowing process. Getting fully pre-approved now could make finalizing a mortgage later a snap. Why not get the details out of the way now?

5. You could speed your closing time. Being fully pre-approved prior to making offers can speed the closing process and give you more negotiating power.

6. Pre-approval can give the first-time buyer extra peace of mind. Buying your first home can be scary. Getting fully pre-approved now could set

your mind at ease having the lending process mostly completed.

8. There is no obligation to buy. Getting pre-approved for a mortgage does not obligate you to buy a home, but gives you the power to do so if you wish.

If you are tired of renting and ready to make the move to home ownership, or wish to sell your current home to upsize or downsize to another, give us a call and we would love to give you a list of reputable local lenders in the area whom have a proven track record.

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Family Storytime Every Thursday, 10:30—11:30 a.m. Toddlers, Preschoolers, and their caregivers are invited to join us for songs, rhymes, and stories designed to build early literacy skills! Stay for a play and craft time after storytime.

Minecraft Gaming* Thursday, Jan 3, 2:00-4:00 p.m. Participants (ages 6-18) can enjoy this computer game filled with mining, crafting and exploring! Registration is encouraged. Storymakers

Thursday, Jan 10, 3:30-4:30 p.m. Inspired by a book, children ages 5 & up are invited to a crafty afternoon of designing and making. Tinker with Ozobots and create vast mazes for your digital creature at this month's Storymakers.

Youth Art Journaling Thursday, Jan 17, 3:30-5:00 p.m. Do you like getting crafty and drawing? We're calling all middle school and high school students to join our teen facilitated art journaling program.

Read To A Dog Friday, Jan 18, 3:00 p.m.—4:00 p.m. Come read to some paw-esome pooches! School-age (6-12 years old) readers are invited to read to furry and friendly canine volunteers and their trainers. This is a great program for struggling or reluctant readers or for those who enjoy reading to others.

STEM Lego Robotics* Saturday, Jan 19, 10:30 a.m.-12:30 p.m. program repeats Tuesday Jan 22, 5:30 p.m.-7:30 p.m. Session 1 of 8 offered—each session is not dependent on prior attendance. Participants (ages 9-14) will learn to design, build and program their creation using the LEGO Mindstorms EV3 kit. Registration is required and opens 10 days prior to event. Funded by Friends of the Orangevale Library.

Legos & More Tuesday, Jan 29, 3:30 p.m.—5:30 p.m. Do you love to build? Join us for unstructured play with our Legos, Lincoln Logs, and Citiblocks. Every last Tuesday of the month. Mark your calendar!

Tween Book Club Thursday, Jan 31, 3:30 p.m.—4:30 p.m. Join us at our monthly book club for 9-12 year olds. Eat snacks, chat about our book, participate in activities, and make new friends. This month we are reading "The War I Finally Won" by Kimberly Brubaker Bradley.

Job Coach * Every Friday, 1:00p.m. & 2 p.m. Come and meet one-on-one with a volunteer job coach who will help you look for jobs, create an effective resume, and more!

Mixed Media Art Journaling Saturday, Jan 5, 10:30 am—12:30 p.m. Use your imagination and all kinds of mixed media to create a free-style art journal. Materials provided by Friends of The Orangevale Library or bring your own.

Getting to Know You: A Genealogy Program Saturday, Jan 12, 2:00 p.m.—4:00 p.m. Do you need help researching your family history? Learn the basics, try new resources, and share discoveries with a group of Time Detectives.

3rd Tuesday Adult Painting* Tuesday, Jan 15, 5:30 p.m.-7:30 p.m. Adults are invited to quarterly instructor led acrylic painting with Ciara Cumiskey. Create a painting you can keep with all materials provided. Generously funded by the Friends of the Orangevale Library

Book Club @ Orangevale Saturday, Jan 26, 1:30 p.m.-2:30 p.m. Join us as we visit, make new friends, and discuss "Before We Were Yours" by Lisa Wingate.

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New York Times, NPR, Paste, Esquire Laud Major Label Debut as Best Of 2018
"Girl going nowhere" Ashley McBryde has done anything but in 2018. The artist NPR deems "country music's most charismatic, naturalistic new voice this year," released her major label debut *Girl Going Nowhere* in March to much critical acclaim—from Billboard, Rolling Stone and Variety to The New York Times, NPR and The Washington Post—and today, the 11-track album, released via Atlantic Records/Warner Music Nashville, features McBryde as a co-writer on every song and earns the Arkansas-native her first GRAMMY nomination for Best Country Album. McBryde joins Brothers Osborne, Chris Stapleton, Kacey Musgraves and Kelsea Ballerini in this category, and marks the only debut album nominated.

"I'm stunned and humbled and just blown away," McBryde said to fans. "And I'm honored to be alongside artists I admire so much. When other girls my age were planning their dream weddings, I dreamt of a GRAMMY nomination. I don't even need to win. Five-year-old me and teenage me are both satisfied as of now."

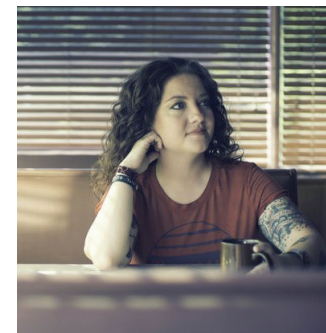
Lauded by Paste as "a no bullshit record free of frills and fat," Stereogum opines that *Girl Going Nowhere* is "a gorgeously lived-in, righteously sad, painstakingly crafted piece of work" and The Ringer names it "one of this year's best country albums."

Girl Going Nowhere has already notched top spots on The New York Times 28 Best Albums of 2018 (#6), Esquire's 10 Best Country Albums of 2018 (#9) and Paste's 50 Best Albums of 2018 (#48). McBryde herself was named to Stereogum's 40 Best Bands of 2018, and the title track was named to NPR's Best Songs of 2018 (#23) and The 200 Greatest Songs By 21st Century Women (#191).

McBryde wrapped up 2018 on her

first-ever headlining *The Girl Going Nowhere* Tour. Additionally, McBryde will join Little Big Town on their 2019 Breakers Canada Tour and appear as a special guest as part of George Strait's Strait to Vegas residency at T-Mobile Arena in Las Vegas.

About Ashley McBryde
Lauded by The New York Times as "an alluringly flexible singer, fluent in classic country, blues



and Southern rock, with a voice that moves easily from tender to tough," Ashley McBryde caught the attention of some of Nashville's most raucous entertainers, landing her dates opening for Eric Church, Chris Stapleton, and, most recently, Miranda Lambert and Luke Combs. The Washington Post raves, "McBryde's blue-collar storytelling and straightforward singing set her apart," including a set during her debut on the Grand Ole Opry stage, notably sharing "Girl Goin' Nowhere," the seminal title track from her March 30, 2018 Jay Joyce-produced LP for Atlantic Records/Warner Nashville. *Girl Going Nowhere* was the biggest debut by a solo country artist this year and earned the Arkansas native critical acclaim from The New York Times, The Washington Post, Rolling Stone, Variety and more. McBryde is currently on her first-ever headlining tour, *The Girl Going Nowhere* Tour and will appear as a special guest on the February and August dates of George Strait's recently announced 2019 "Strait to Vegas" shows at T-Mobile Arena in Las Vegas. For tour dates and more information, visit AshleyMcBryde.com or follow her on Facebook at www.facebook.com/AshleyMcBryde, Instagram @ashleymcbride and Twitter at @AshleyMcBryde.

Article and photo provided by Official Ashley McBryde Site

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Orangevale
Cooks



by Suzanne Febowitz

In the winter it is nice to have comfort food every now and then, so I thought you would enjoy this recipe for bread pudding. I originally printed this recipe in 2013 and I thought this was such a delicious recipe, it needed to be shared again! It is so fun to look back at all the recipes that I have received over the years.

If you would like to share a favorite recipe, please send a copy to Suzanne Febowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

YUMMY BREAD PUDDING

3 tablespoons butter, softened

1 loaf French or Italian bread – the one they sell warm at the check-out is best.

¾ cup raisins, golden are a nice alternative, but use what you have

3 large eggs

4 cups whole milk

2 cups sugar

2 tablespoons vanilla

1 teaspoon ground cinnamon

Spread butter over the bottom of a 13x9 inch baking dish-glass is best. Cut bread into ½- 1 inch slices. Mine were more like 1 inch slices. Arrange slices in tightly spaced rows in the dish. Tuck the raisins between the slices. Whisk the remaining ingredients in a bowl until frothy. Pour the liquid over the bread and let stand for 1 hour, pressing down now and then with a spatula to wet the tops of the slices. Pre-heat the oven to 375°. Bake the pudding until the top is puffed and lightly browned, about 1 hour. Cover with Hot Brown Sugar Sauce. Let cool on a rack for 30-60 minutes, then cut into squares and serve. (Hint from my husband: serve with whipped cream to make even more delicious.) Store remainder in refrigerator.

Hot Brown Sugar Sauce

½ cup (1 stick) butter

1 cup brown sugar, packed

1/3 cup water

¼ teaspoon ground nutmeg

1/8 teaspoon salt

1 tablespoon vanilla

Melt butter in a saucepan over low heat. Stir in the sugar, water, nutmeg and salt. Cook, stirring until the sugar is dissolved. Remove from heat and stir in the vanilla.

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Good Dog, Bad Behavior
 Most people do a great job teaching basic commands to their dog. Learning to sit, stay, and down lay a great foundation to communicate with your dog and maintain some basic control. The important thing I stress to pet owners is that this is the start of training and not the end! Even if you know how to teach your dog the basics, all dogs should go to obedience classes early; not only to for the social interaction of being out of the house with other people and dogs, but also to build your dog's confidence and help you maintain control in unfamiliar surroundings. It can be easy for most dogs to focus on what their human is trying to ask of them in the

comfort of their own home. Frequently, this focus is lost when there are strange smells to investigate at the park or they see someone else throwing a ball. The key is impulse control. You want your dog to listen to you, even when they would rather do other things. When looking for a trainer, it is important to find someone who practices positive reinforcement. Avoid those who use pain or punishment as a tool. These can lead to more fear and frustration for your pet and other unwanted behaviors. When your dog does something undesirable, you should approach the situation calmly (difficult, I know!) and firmly. Your pet is very attuned to pick up on your emotions; frustration or

anger will hinder their progress. Praise when they do well and stay consistent. Improvement can be lost if one family member lets the dog get away with bad behaviors. The average dog can learn a vocabulary of 168 words, with some breeds going up to 500! The possibilities are much greater than most people realize. If you continue to teach new tricks and commands to your pet, you will be a long way towards a lasting bond with your pet, more control in unexpected situations, while limiting the destructive results of your dog becoming bored.

VCA American River Animal Hospital



The 2019 Polar Plunge is an annual New Year 's Day tradition at the Orangevale Community Center Pool. The event hosted a lot of children and parents who jumped into the 45 degree water. As fast as they entered the water-they were also as quick to get out and warm up with some hot soup and hot chocolate.

Photos by Tom Paniagua



PAINTINGS BY PEGGY TALBURT
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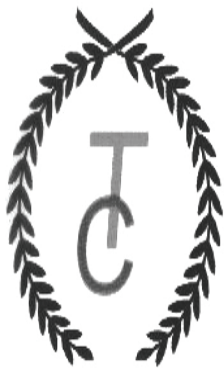
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Chamber President
Brad Squires

We had a record attendance at our December monthly mixer this week (photo below), and great things continue to grow in Orangevale. We're positioned well for an amazing 2019, and I want to make sure you know how to plug in with this growing network of community-minded organizations.

Here are a couple ways to engage in 2019:


#1 - Not a Member Yet? If you're not yet a Chamber member, NOW is a great time to jump in. Plus, a January-December annual renewal cycle is quite convenient. Sign up at www.orangevalechamber.com

#2 - Get Connected. We have our monthly networking mixer schedule dialed in, and even have a waiting list for member hosts. Next one is January 10th 7:30-9am at Almond Heights Senior Living. Also be sure to follow us on Facebook at facebook.com/OrangevaleChamber. We will be posting our full 2019 calendar shortly.

#3 Tell Us What You Want. We are making a list of 2019 member goals, and we want to hear from you. What is the main thing the Chamber can do for you in 2019 to help you and your business grow? We plan to revisit this list in a year to make sure we nail it next year! Email me with your list.

#4 - Promote Your Business. Our core purposes is to promote business and grow community. We have several opportunities such as sponsoring Growing Community Stories videos, being one of 12 businesses in the Chairman's Circle, social media cross-promotion, free strategic marketing consultations, and much more. Contact me if you're interested in a chat about how to best partner with the Orangevale Chamber in 2019.

Thanks,
Brad Squires
President



**Welcome
New Members!**

- All Good Insurance Services
- Gowens Tech
- Binu Thomas, DDS
- Fair Oaks Church
- Cricket Wireless
- Palm Tree Brewing Company
- The Life Center
- Lake Appliance Repair
- Albano, Dale, Dunn & Lewis Insurance-
- Debbie Hehe, ACN
- Dustan A Droogmans-
Lyon Real Estate
#01994965

OV Chamber of Commerce Business Spotlight
by MaryAnne Povey


CLEAN & SOBER RECOVERY SERVICES

The start of a new year brings hope of new beginnings for change in our lives or to “do over” things that may need improvement. Pledging to “be good” by exercising more and eating healthier are all popular causes that many take on year after year with little consequences regardless of the outcome. For others, especially those suffering from alcohol or drug addictions, setbacks have much greater consequences with life and death in the balance.

Over 23 million Americans are in long term recovery from drug and alcohol addictions. It's considered an equal opportunity disease affecting those from all walks of life. It does not discriminate. But ANYONE can learn to navigate life without alcohol or drugs as their steering wheel.


“It's not an issue of willpower, and getting professional help is the key in achieving long term results,” said Susan King, Outreach Manager of Clean & Sober Recovery Services (CSRS). “It's a brain disease, not a disease of character. De-stigmatizing the shame and other negative associations with addiction is critical in getting help for both the client and their families.”

Those seeking help nearby
CONTINUED ON PAGE 22



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ORANGEVALE
Chamber Morning Mixer
Community Connection
Before Work.
THURSDAY, JAN 10TH
7:30 - 9:00 AM
Almond Heights
8685 Greenback Lane
Orangevale

We gather once a month to stay up to date with whats happening in Orangevale – and we mix it up between before work and after work events. Get the latest updates from business and civic members. We like to have members host these monthly gatherings to highlight their business. These morning events are partly for networking, partly for staying informed, and an opportunity to meet like-minded community-oriented business leaders. Chamber Morning Mixers are typically held at 7:30 am.



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COMMUNITY GROUPS & MEET UPS

MONTHLY EVENTS

American Legion Have Meeting at the 4th Tuesday of each month. Meeting Starts at 7:00PM. American Legion Have Meeting at the 4th Tuesday of each month.

GFWC ORANGEVALE WOMEN'S CLUB
Join area women dedicated to volunteer service and friendships. Lunch meeting monthly on 1st Tuesday at 11:00am (Sept-May). Orangevale Community Center 6826 Hazel Ave. More info at OrangevaleWoman'sClub.org or 988-1876.

Cub Scout Troop 310, 3rd Monday of the month, 6-8PM, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Leaders (GSHCC) Almond Service Unit of Orangevale meet 2nd Monday of the month, 7 PM, Hall B, Multipurpose Building, Divine Savior Catholic Church, 9079 Greenback.

Girl Scout Service Team (GSHCC) Almond Service Unit of Orangevale, meets last Monday of the month, 7PM, Mater Salvatoris Room, Divine Savior Catholic Church, 9079 Greenback.

Orangevale 4-H is in full swing for the 2017-18 year. We still have projects that are open to new members, so check us out and see what we can offer for your family. 4-H is for area youth ages 5-19 that want to learn life skills through hands on activities! We meet the 2nd Monday of the month (except December) at the Orangevale Grange Hall at 6:30pm. www.orangevale4-H.weebly.com

Orangevale Grange #354 meets 3rd Wednesday every month. Grange Hall 5807 Walnut Ave, OV. Starts 7:00 p.m. Check us out. Serving free refreshments. Call 988-0806 or visit our website at OrangevaleGrange.org

Retired Public Employees Association (RPEA) Meetings-Roseville Chapter (#84) meets at The Sierra Regency, 1015 Madden Lane, Roseville, Ca. 95661. Meetings start at 10:00 A.M. On the fourth Thursday of Month. FEB; APRIL; JUNE; AUG; OCT; DEC. (In December there is a Christmas Luncheon Held on the first Thursday). It's always nice to see your co-workers, if not, meet new (retired) State Employees and have a good time participating. So, come join us!!! SEE YOU THERE! FOR MORE INFORMATION: CALL HELEN FIELD: (916)783-0325.

Roseville Better Gardens Club invites you to its meetings held at the Maidu Community Center, 1550 Maidu Drive (off Rocky Ridge) in Roseville. Interesting garden-related speakers and tours are planned for this year. Meetings are usually held on the 3rd Tuesday of each month from September to May. Doors open at 12:30; meeting 1-3 PM. GUESTS ARE ALWAYS WELCOME. For more information, go to: <http://californiagardenclubs.com/content/roseville-better-gardens-club> OR contact LORI at (916) 784-0418.

The Dementia Support Group is held at Eskaton Fountainwood Lodge the 2nd Tuesday of every month at 2:00 pm. You're not alone in this journey, so come join us and get the support you need. Please contact Sharon at 916-988-2200 or email her at Sharon.wold@eskaton.org

The VFW Have monthly Meeting on the 2nd Tuesday Of each Month. Post 6158. Meeting starts at 7:00PM Center Township Post 6158 is located at 8990 Kruithof Way Fair Oaks, Ca 95628

WEEKLY MEETS

Al-Anon meets on Thurs. @ 7:30 PM at the Church of Christ - 5915 Main St. Ov. Call 916-334-2970 or visit al-anon.alateen.org.

Al-Anon in Spanish-en Español Valor para cambiar se reúne los sábados 5:30 p.m.-6:30p.m. en American River Alano, 9346 Greenback Ln. Ste 8 (entre Walnut y Main) Orangevale

Alcoholics Anonymous Meetings Mon-Sat at 7-8 am & Sun 8-9am, 12 noon every day. Call 454-1100 for evening meetings as the times vary. Meetings held at 9346 Greenback Ln. Ste 8 in Orangevale.

For Men Who Enjoy Singing We sing Barbershop Harmony every Wednesday 7:30 to 10 pm-Redeemer Covenant Church, 6800 Main St., OV

Boy Scout Troop 310, Mondays, 6:45-8 PM, Halls A and B in the Multipurpose Building, Divine Savior Catholic Church,

Bridge Player Group Every Tues OV Grange Hall (5807 Walnut Ave) 11:00 am to 3:00 p.m. \$2 donation For more details at 988-9474

Clean & Sober Concerned about a loved one's alcohol or drug use? Clean & Sober Recovery Services offers FREE and confidential family support every Sunday at our noon meetings led by a licensed family counselor. Call 916 990-0190 to learn more.

Folsom Bridge Center is a Mutual Benefit Non-Profit organization with ACBL sanctioned games daily; \$10 to play. Monday- Friday games are at 11 A.M., and on Saturday and Sunday, they begin at noon. No membership required; everyone is welcome. There

is a play of the hand lesson Friday mornings 9-10:30, \$5, and a free open forum lesson 10:15-10:45 before the game on Tuesdays. Folsombridge@gmail.com. 8680 Greenback Lane, Orangevale,

Like to Play Cribbage? Join the Gold Country Cribbers Contact Roy Martin (916) 402-0411 Or Jack Throne: (916) 989-1762 Or Van Ray: (916) 768-4452 We Play We Teach We Have Fun Classes for beginners and intermediate Thursdays 4 - 7 pm Club Play Wednesdays at 5:45 pm El Dorado Hills Senior Center 990 Lassen Lane, El Dorado Hills,

Determined Toastmasters meets on Tuesdays 7-8 p.m. at Eskaton 8773 Oak Ave. in the Mulberry Room. Learn how to sharpen your speaking skills & build your confidence in a friendly atmosphere. (916) 792-5561 FA (Food Addicts in Recovery Anonymous) meets Tuesdays at 7 pm, Sunrise Community Church, 8321 Greenback Ln Room B214, Fair Oaks. For meeting info call Karen J 916-812-6584 or Sandi N 916-780-3917, also visit www.foodaddicts.org.

MEET-UP The BBC, The Business Builders Club. A Professional Networking Group. Meeting Every Tuesday 9:15-10:30am. Our Mission: To Empower Entrepreneurs and Establish Long Lasting Relationships That Will Enrich Our Businesses and Our Communities. Every Tuesday 9:15-10:30 at Life Foods Nourish Café 7433 Greenback Ln. Citrus Heights

MomsRUs-group for women of all ages, raising or helping to raise children of all ages. Meets Tuesday morning's 9:45-11:45 beginning September 11th, Orangevale church of Christ, 5915 Main Ave. Support, discussion, sharing on Christian family & parenting. Shared childcare. www.ovchurch.org/family. Please register. ALL FREE

Narcotics Anonymous, Tuesdays and Thursdays, 6 PM, in Room 4, Divine Savior Catholic Church, 9079 Greenback.

Overalls Square Dance Club meet every Monday 6:30-9:00 pm at Royer Veterans Hall, 110 Park Dr, Roseville, CA.

Orangevale Rotary Club Meets every Friday (7-8:15 am) at La Placita 9272 Greenback Lane, Orangevale 916.425-2406

Orangevale Special Families This new Facebook group is for families walking the same walk to come together relieving isolation, frustration, and inspiring friendship, community, and creativity. Call 947-5234 for more information <https://www.facebook.com/groups/1033947523343437/>

Root Cellar - Sacramento Genealogy Society hosts a genealogy workshop from 1-3pm on the third Wednesday of each month at the Sylvan Community Center, 7521 Community Drive, Citrus Heights. The workshop is free and is open to all skill levels and ages. For more information, please visit our web site at www.rootcellar.org.

Senior Lunch Program Brought to you by OV parks and Meals on Wheels. Lunches are served every Tuesday, Wednesday, and Thursday at the Orangevale Community Center. Suggested donation of \$2, please call 916-988-4373 for more details

Senior Market Saint Francis Episcopal Church in Fair Oaks with Episcopal Senior Communities (ESC) EVERY TUESDAY offers the community a weekly Senior Produce Market (SPM) every Tuesday from

10-11 a.m. at St. Francis Episcopal Church, located at 11430 Fair Oaks Blvd. SPM is geared for Seniors. Cash Only! For more information, call (916)966-2261 or visit our website: www.saintfrancisairoaks.org and follow us on facebook

SERTOMA - SERVICE TO Mankind meets each Thursday at 7 am at Coco's Restaurant, Madison Ave near Sunrise. Call 966-1361

Sunrise Community Church Storytime is a great opportunity for parents, caregivers and children ages 1.5-5 to connect through a kid-centered experience in literacy, music, creativity and fun! Join us Mondays from 9:30a-10:30a @ Sunrise Community Church - in THE BACKYARD (Rm D102) 8321 Greenback Lane, Fair Oaks. Visit our website for more details @ www.sunrisecommunity.church St Vincent De Paul provides food and clothing assistance to the needy on Tuesdays and Thursdays from 1 - 3PM at Divine Savior Catholic Church, 9079 Greenback.

TOPS (Take off Pounds Sensibly) meets every week on Mondays at 9:00 a.m. at the Church of Christ, 5915 Main Avenue, Orangevale, CA 95662. Visitors are always welcome (preteens, teens, adults, male and female. First meeting is free. Contact Mary at (916) 988-6827. We have a friendly group!

SENIOR LUNCHESES

Brought to you by OV parks and Meals on Wheels. Lunches are served every Tuesday, Wednesday, and Thursday at the Orangevale Community Center. Suggested donation of \$2, please call 916-988-4373 for more details.

FOOD BANK

Orangevale Food Bank has new hours of operation! In addition to their existing hours of operation Monday 11:00 -1:00 Wednesday 4:30- 6:30 Thursday 10:00-12:30

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CASA ROBLE FOOTBALL ALL-STARS!

Congratulations to Casa Roble 2018 Varsity football players, Devon Carmona, Luke Triplett, Andrew Wyandt and Peter Povey for being selected for the 61st All-Star Optimist Game, North vs. South on January 19th, 1 pm at Hornet Field at Sac State. The Casa seniors will proudly play representing the North. Tickets are available at the gate. Proceeds support Shriners Hospital. Way to make Orangevale proud!

CLEAN & SOBER RECOVERY SERVICES

Continued from page 19

have two local options. CSRS located on Chestnut Avenue in Orangevale opened in 2008 and has been helping countless people regain sobriety and get their alcohol or drug addiction under control. They offer services ranging from detoxification to in-patient treatment to intensive outpatient counseling. They also provide free and confidential Sunday support meetings which are open to anyone in the community who needs help navigating a loved one's substance abuse. A professional interventionist/family counselor leads those confidential and respectful meetings, offering ideas to help a family reclaim balance and health.

Another facility, Clean & Sober Transitional Living (CSTL), located on Madison Avenue in Fair Oaks, offers sober living in a community of residents dedicated to building a strong foundation for long term recovery. They've helped over 6,500 men and women since opening their doors in 1989.

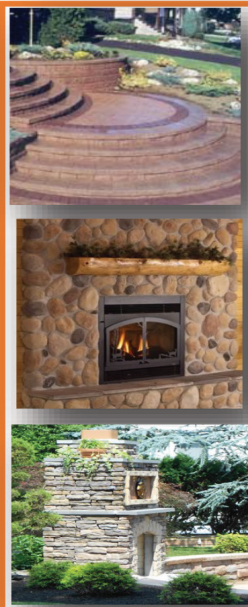


Substance Use Disorder is not only destructive to the person but the family too. "Families can call our office for treatment recommendations or come to the Sunday meetings for support, where they'll find a lot of comfort knowing they are not alone," said King.

"The good news is it's a very treatable disease, she said, but getting professional help is the key to success." As one client said after receiving treatment, "I came in a meth addict and left a man".

King urged anyone wanting to find out more about getting help or helping a family member to call them for guidance. Treatment programs may be covered by insurance, or other affordable payment plans are available.

For more information about the variety of programs to help anyone struggling with staying sober or drug addiction, call 916.990-0190. or visit their website at www.candsrecovery.com. for lots of free resources and educational materials available.



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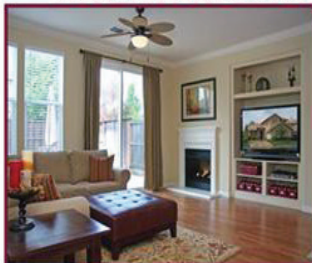
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CELEBRATING OUR NEW PASTOR

Redeemer Covenant Church is excited to announce the arrival of our new Lead Pastor, Dan Meyerpeter. Affection-



ately referred to as the “little church on the corner of Main and Vallejo,” Redeemer has been active in the community since 1959. Dan began serving Redeemer in November. **Join us on Sunday, January 13th to celebrate Dan’s installation at our 10 am service.** The service will be followed by a time to meet and greet.

Dan grew up in Lincoln, CA. He spent many years serving the Sacramento area, working with teenagers and nonprofits. He most recently served in Olympia, WA as an Associate Pastor with Youth and Families. Dan graduated from Western Seminary in 2016, with a degree in Ministry and Leadership. He is ordained in the Evangelical Covenant Church. Dan and his wife

Paige have two young children.

Our new pastor’s hope is that we be a light to our neighbors and that you might experience the love of Jesus through relation-

ships. ***Pastor Dan says, “Redeemer is a safe place. If you are trying to understand what you believe, there is space for you here. You don’t need to have everything figured out. We are all on this journey together. We would love to have you come, and check us out. Join us on Sundays at 10am.”***

Check out our fun, engaging, and serving programs on our website at redeemercov.com. We have many activities for children, youth, adults, and seniors.

Redeemer Covenant Church □ 6800 Main Avenue, Orangevale, CA □ 916-988-3124 □ redeemercov.com
Article and photo provided by Kathy Ryan

Bible Community Church Sunday Worship 10:00 am Fellowship starts 9:30 am Located at the Maidu Community Center 1550 Maidu Dr., Roseville, CA 95661 Bible Community Church 916-832-8973

Calvary Chapel Folsom-Orangevale 6021 Walnut Ave. Orangevale, CA 95662 Sunday Service 10:00am. All are welcome! Sunday school for PreK, K-5th & 6th-12th. Thursday Night Bible Study 6:30pm (No Childcare) Pastor Mike Flanders (916) 989-2133, calvaryfo@comcast.net www.calvarychapel.com

Christ the King Lutheran Church 5811 Walnut Avenue, Orangevale (916) 988-2484 www.ChristTheKingOV.com Sunday Worship 9:30am,

Church of Jesus Christ of Latter-Day Saints Hazel Ave. Chapel, 7950 Hazel Ave, Orangevale Ward: Sacramento Meeting 10am Sunday School/Primary 11:20am PH/Relief Society/Young Women 12:10am. Young Single Adult Ward: Sacramento Meeting 1:00pm Sunday School 2:20pm PH/Relief Society 3:10pm 916 792-2556.

Citrus Heights Seventh-day Adventist Church 7610 Wachtel Way, Orangevale 916 723-7777 Services at 9:30 am Sabbath School 11am church www.chsda.comcast.com

Divine Savior Catholic Church, 9079 Greenback, (916) 989-7400. Daily Mass 8:30 AM on Mon-Sat. Vigil Mass at 4:30 PM; Sunday Masses 7:45 AM, 9:30 AM, 11:30 AM. Free Community Meal every Thursday night from 6-6:45pm. Everyone is welcome www.divinesavior.com

Fair Oaks Presbyterian Church 11427 Fair Oaks Blvd, Fair Oaks 95628 Sunday worship: Classic 9 & 10:30 AM, Contemporary 9 & 10:30 AM Children’s programs at both times. 967-4784, www.fopc.org

Fairvale Baptist Church 8660 Madison Ave, Fair Oaks 916-967-4624 Pastor Richard Marshall. Bible Centered, Traditional Sunday Worship 10:45am and 6pm. Bible Study Wednesday 6:30pm. Christ is coming.

First Baptist Church of Orangevale 8898 Central Ave, Orangevale (916) 988-1139 www.firstbaptistov.org Sundays 9:00 AM Traditional Service and Sunday School classes; 10:15 AM Coffee & Donuts; 10:45 AM Contemporary Service and Sunday School classes; Wednesdays 6:00 PM Community Dinner & Bible study groups for all ages

Grace Bible Church 5010 Hazel Ave, Fair Oaks Sunday Schedule: Worship Service 9 AM, Fellowship Groups 10:40 AM, Evening Service 6 PM Information: 967-6500 or www.gbco.org

New Beginnings Christian Church 7535 Hickory Ave, Orangevale Sunday Service 10:30am Wednesday Family Night Service 7:00pm Live, Modern Worship with Real, Relevant Preaching Youth and Children Ministries We genuinely care for and root for each other! A great family atmosphere. Everybody is welcome

Orangevale Church of Christ 5915 Main Avenue, Orangevale Sunday Morning Bible Classes for All Ages 9:45am; Worship 11:00am, 6:00pm Tuesday Moms R Us 9:30-11:30 am Wednesday Dinner 6:00pm, Bible Classes for All Ages 7:00pm Thursday Bible Study 10:30-11:30 am Phone: (916) 988-2011Web: www.ovchurch.org

Orangevale Seventh-day Adventist 5810 Pecan Avenue, 916/967-2838, www.ovsda.org / office@ovsda.org. Join us Saturday’s 9:30 am Sabbath School class / 10:40 am is Sabbath Worship. Community Food & Clothes closet open Tue 9am-Noon. Orangevale SDA School grades K-8th, 916/988-4310, www.ovschool.org

Pathway Fellowship Temporarily meets at Madison Mall Bingo 8830 Madison Ave. at 9am for Classic Service and 10:30am for Modern Service & KidZone. New location at 8999 Greenback is coming soon. 916-988-2390, hispathway.org

Redeemer Covenant Church – 6800 Main Ave, Orangevale, 916.988.3124, redeemercov.com, Sunday School at 9:00am, Sunday Worship at 10:00am, Sunday Coffee and Fellowship at 11:15am, 2nd & 4th Tuesday Nights

Free Community Dinner at 6pm – open to everyone, Thursday Night Youth programs at 7pm. Small Wonders Christian Preschool, 3-yr-olds on T/Th & PreK on M/W/F – call 916.988.0998, smallwondersorangevale.org.

Sunrise Community Church – 8321 Greenback Lane, Fair Oaks. Sunday Worship Services – Classic Service @ 9 am, Modern Service @ 10:50 am, both in the Sanctuary. Sunday Evening Chapel @ 6 pm (B-209). 916.726.4642 - sunrisecommunity.church

The Life Center - 7801 Hazel Avenue, Orangevale, CA 95662 916-988-1717 // info@lifecenter.church Sunday Services at 9 & 11am, free childcare provided

The Net Church has the answer if you have to work on Sunday’s. Our worship experience is on Saturday night at 5:30pm. The cafe with free coffee opens at 5 pm. 801 Riverside Ave #Z, Roseville, CA 95678. We are located in the Calvary Chapel Building behind the Roller Skating bld. Pastor’s Randy & Debbie Robertson. 916-801-4208 / randy_thenet@live.com

Valley Redemptive Church 11430 Fair Oaks Blvd, Fair Oaks Pastor D.W. Bryant Sunday School 9:40 am Sunday Worship 11 am Tuesday 11:30 am Bible Study Wednesday 6:45 pm Bible Study 916.579.5077 Valleyredempchurch@att.net Family Centered Atmosphere All Are Welcome Church Vision “Go Reach Redemptive Needs of All People, Ages, and Conditions”

World Fellowship Church of Foursquare International 7412 Van Maren Lane, Citrus Heights, CA (916) 745 4751 Morning Service -8.00 -9.30AM (English Service) Afternoon Service -2.00 -4.00pm (Fijian Service) Food Bank -9.00 -10.30AM (Thursdays)

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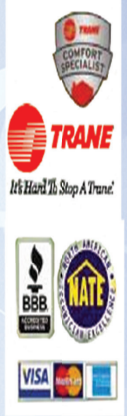
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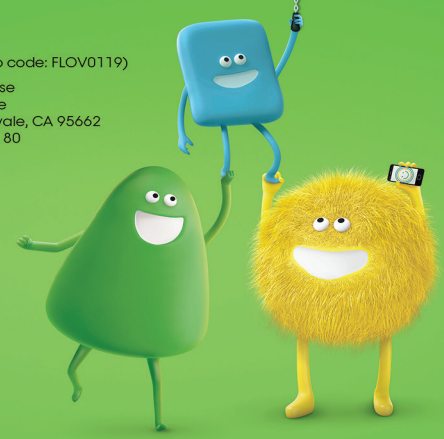
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